



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Müller, Frank

□□: Dirtsiderockers

□□: 522

□□: 42.25 km

Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 4:21:16

□□: 9.65 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 100 (of 148)

□□□□□/□: 96 (of 130)

□□□□□□: 2:45:50

□□□□□: 8(of 9)

□□□□□□□: 3:05:24

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:47	6:05	9	6:45	118	7:31	3.25	19:47	6:05	8	6:45	100	6:59	
□□ 2	3.25	19:22	5:57	9	6:17	114	6:44	6.50	39:09	6:01	8	13:02	60	12:57	
□□ 3	3.25	18:56	5:49	8	6:25	105	6:25	9.75	58:05	5:57	8	19:27	60	17:48	
□□ 4	3.25	19:20	5:56	9	6:49	111	6:49	13.00	1:17:25	5:57	8	26:16	60	22:37	
□□ 5	3.25	21:42	6:40	9	9:03	125	9:05	16.25	1:39:07	6:05	8	35:19	60	29:16	
□□ 6	3.25	20:09	6:11	9	7:11	111	7:31	19.50	1:59:16	6:06	8	42:30	60	32:34	
□□ 7	3.25	18:21	5:38	6	4:50	79	5:41	22.75	2:17:37	6:02	8	47:20	100	32:57	
□□ 8	3.25	19:02	5:51	8	5:02	85	6:25	26.00	2:36:39	6:01	8	52:22	99	30:45	
□□ 9	3.25	18:52	5:48	7	4:18	72	6:09	29.25	2:55:31	6:00	8	56:23	99	32:40	
□□ 10	3.25	21:42	6:40	8	6:46	101	8:53	32.50	3:17:13	6:04	8	1:02:14	97	36:35	
□□ 11	3.25	20:02	6:09	6	4:34	66	7:00	35.75	3:37:15	6:04	8	1:05:24	97	37:06	
□□ 12	3.25	21:33	6:37	6	6:01	75	8:09	39.00	3:58:48	6:07	8	1:09:19	96	38:47	
□□□ □□	3.25	22:28	6:54	6	7:11	92	22:11	42.25	4:21:16	6:11	8	1:15:52	101	4:01:05	